



Conley-Guerrero Senior Activity Center

808 Nile Street • Austin, Texas, 78702
(512) 478-7695 • Fax (512) 478-7699

Happy New Year

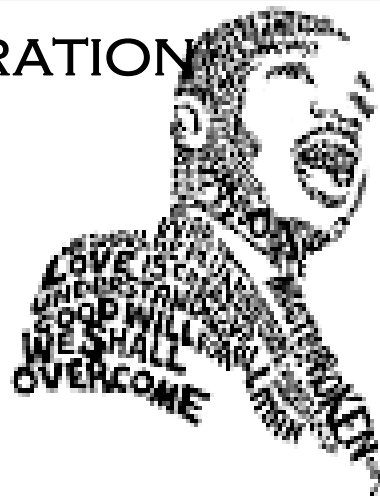
Feliz Año Nuevo

2012

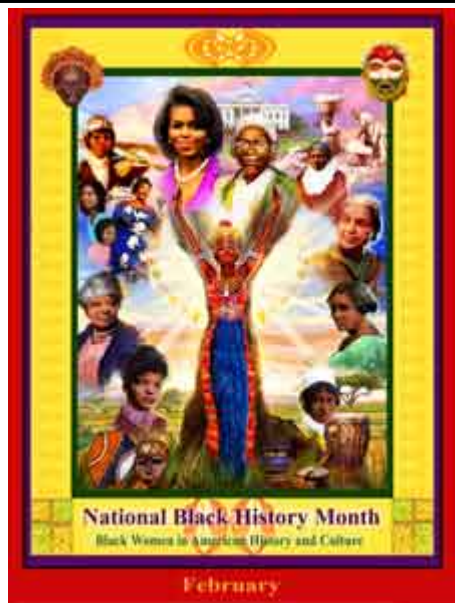
MARTIN LUTHER KING JR. CELEBRATION



WITH
TRAVIS COUNTY
SHERIFF DEPARTMENT
BINGO SOCIAL
& BBQ DINNER



Thursday • January 12, 2012 • 4:00-7:00 p.m. • CJ Hall • \$4.00



BLACK HISTORY MONTH CELEBRATION with the TOP LADIES OF DISTINCTION

The 2012 Annual Black History Theme

“Black Women in American History and Culture”

From the American Revolution to the present, African American women have played a myriad of critical roles in the making of our nation. Their labor and leadership, their motherhood and patriotism, and their intellect and artistic expression have all enriched both the African American community and the nation at large. In slavery and freedom, their struggles have been at the heart of the human experience, and their triumphs over racism and sexism are a testimonial to our common human spirit.

Friday • February 17, 2012 • 11:00 a.m. • CJ Hall • FREE

JANUARY - FEBRUARY 2012



The City of Austin is committed to compliance with the American with Disabilities Act. If you require special assistance for participation in our programs or in the use of our facilities, please call 478-7695.





We welcome you



City Council

Mayor - Lee Leffingwell
Mayor Pro Tem - Sheryl Cole

Council Members

Chris Riley, Place 1
Mike Martinez, Place 2
Kathie Tovo, Place 3
Laura Morrison, Place 4
Bill Spelman, Place 5

City Manager

Marc A. Ott

Parks and Recreation Department

Sara L. Hensley, CPRP, *Director*

Kimberly McNeeley, *Assistant Director*

Kelly Snook, ASLA, *Assistant Director*

Cora Wright, *Assistant Director*

Cheryl Bolin, *Division Manager*

Parks Board

Jane Rivera, *Chair*

Jeff Francell, *Vice Chair*

William Abell, *Board Member*

Linda H. Guerrero, *Board Member*

Carol Lee, *Board Member*

Lynn Osgood, *Board Member*

Jerry Perales, *Board Member*

Center Staff

Recreation Programs Supervisor

Jesse L. Colunga

Recreation Program Specialist

Dina R. Cantú Carolyn Vaterlaus

Building & Grounds Assistant

Arthur Ramirez

Activity Specialist/Instructor

Mary Roberts

Administrative Associates

Estela Rodriguez Crystal McCallon

Senior Aides

Jesse Carmona Raul Martinez
Gerald Roundtree

Rental Reservations

The Conley-Guerrero Senior Activity Center is available to all participants, the public, and non-profit organizations for private use at a minimal fee.

For more information or reservations, contact center staff at 478-7695.

Austin Parks and Recreation Department Mission Statement

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural, and outdoor experiences for the Austin Community.

Conley-Guerrero Senior Activity Center Mission Statement

The purpose of the Conley-Guerrero Senior Activity Center is to provide quality recreational and cultural activities and programs to seniors in order to enhance their quality of life.

Conley-Guerrero Classes Weekly

ARTS AND CRAFTS

Morning & Evening Ceramics: (Beginner to Advance Classes) The instructor introduces different painting & glazing techniques. Class includes group projects and kiln firings.
 Mon. 9:30 - 11:30 am • **Fee:** \$10.00 for 4 classes
 Tues. 5:45 - 7:45 pm • **Fee:** \$15.00 for 6 classes
Instructor: Mary Roberts

Beginning Quilting: This class teaches new quilters the basic concept of quilting and includes several patterns and designs.
 Wednesday 1:00 - 3:00 pm • **Fee:** Free
Instructor: Margarine G. Beaman

Afternoon Ceramics: (Beginner to Intermediate Classes) Instructor covers the basics of ceramics; including molds, painting and glazing. Students choose pieces and class is self-paced. Class includes kiln firings.
 Thurs. 1:00 - 3:00 pm • **Fee:** \$15.00 for 6 classes
Instructor: Ms. Dorothy Crenshaw

Sewing: (Beginner to Advance Classes) Mirian works with students (one-on-one) on their basic sewing skills and how to use the sewing machine. She teaches the details of alterations/repairs and what materials and patterns complement each other. Mirian also instructs advance students on the art of quilting and other crafts using cloth.
 Mon. & Tues. 1:00 - 5:00 pm • **Fee:** \$15.00 for 12 classes
Instructor: Mirian Jones

DANCING

Ballet Folklorico Dancers: (Dancers at all levels are welcome.) The group practices ballet folkloric dancing and also performs at special functions here at the center and throughout Austin.
 Monday 11:00 am - Noon • **Fee:** Free
Instructor: Juanita Lopez

Social Dancing: (Individuals and couple dancers at all levels are welcome.) Susan teaches the basics of social dancing, including Latin and Swing.
 Tuesday 10:00 - 11:00 am • **Fee:** Free
Instructor: Susan Wigington

R&B Line Dance Class: (Dancers at all levels are welcome.) Come get your blood pumping and your feet shuffling to Rhythm & Blues and Hip Hop music while incorporating dance steps.
 Thursday 10:00 - 11:00 am • **Fee:** Free
Instructor: L.M. Rivers

Line Dancing Class: (Dancers at all levels are welcome.) Line dancing is healthy for the body and mind. Come learn the basic steps and make new friends while staying fit.
 Wednesday 9:30 - 10:30 am • **Fee:** Free
Instructor: Joan Cox

MUSIC

Choir Practice: (Singers at all levels are welcomed.) The choir practices traditional songs, and performs at special functions here at the center and throughout Austin.
 Tuesday (1st & 3rd) 10:00 - 11:30 am • **Fee:** Free
Instructor: Mrs. Amelia Davis-Manor

GAMES

Domino Group: (Beginner to Advance Players) The group plays regular dominoes.
 Monday, Wednesday, & Friday 10:00 am - 5:00 pm
 Tuesday and Thursday 10:00am - 8:00 pm
Instructor: Self-Paced **Fee:** Free

Open Puzzle Table
 (Beginners to Advance Puzzles) The participants put together an assortment of puzzles.
 Location: Front Lobby **Fee:** Free
Instructor: Self-Paced

Bridge (All levels welcome)
 Participants play contract/party bridge.
 Tuesday & Thursday 2:00 - 8:00 pm **Fee:** Free
Instructor: Self-Paced

Bingo: Participants socialize & play regular bingo after lunch.
 Monday, Wednesday, & Friday 1:00 - 2:00 pm
Fee: \$1.00 per card **(Volunteer Callers Needed)**

FITNESS

Exercise I: Chair Aerobics (Beginner & Intermediate)
Participants learn several exercises to strengthen upper body muscles & breathing techniques.
Monday, Wednesday & Friday 9:30 - 10:15 am
Instructors: Martha Johnson & Eleanor Perkins
Fee: Free

Exercise II: - Chair Aerobics (Beginner & Intermediate)
Participants use sticks and bands to enhance their upper and lower body exercises in chairs.
Monday, Wednesday & Friday 10:30 - 11:00 am
Fee: Free
Instructors: Delmaris Roby & Nancy Brown

Fitness For Life: - Walking Tape (Beginner & Intermediate) Upon completing this fitness video participants will walk two miles.
Monday 9:30 - 10:15 am • **Fee:** Free
Instructor: Self-paced

Walking Group: (Beginner & Intermediate) This walking group is on-going with volunteer coaches. Participants are encouraged to walk in groups of two or more. Walk at your own pace.
Tuesday 8:30 - 9:30 am • **Fee:** Free
Instructor: RunTex (Date of Class Continuation TBA)

Indoor Tennis/Pickleball: (Beginner & Intermediate) We will alternate these two sports. An instructor from Central Texas Tennis Association works with each player to improve their level of play and skills.
Friday 10:00 am - 11:00 am • **Fee:** Free
Instructor: Central Texas Tennis Association

EDUCATION

The Computer Lab at Conley-Guerrero serves as a classroom and is available for drop-in usage. Classes cover basics, spreadsheets, and internet. There are 10 computers available in the lab.

10 week Beginners Class starting August 29th, every Monday, Wednesday, & Friday from 10:00a.m. - 12:00p.m.
Instructor: Robert Anderson **Fee:** Free

Please feel free to call Robert with any computer questions or about classes at: 512-296-4615.

Free Computer Classes at Conley-Guerrero computer lab by Austin Free-Net! Come and learn about Microsoft Word 2007 for FREE in our instructor-lead classes. Come to one class or all of them. Just drop by -no registration required!

Tuesdays & Thursdays 9:00 am to 12:00 pm

For more information on computer classes call 512-236-8225 x17.



austinfreenet

Bible Study: (The group studies all levels of the King James Version.) The Monday class takes their lessons from a study plan. Thursday's class is "open format"
Monday & Thursday 10:00 - 11:00 am • **Fee:** Free

Instructors: Bunnie Stark, Verdell Williams, Daisy Waters, Jeff Holland, Evelyn Nealy, David Dukes, Arthur Mosley, Paula Bedford

Spanish Class: (Beginner to Intermediate Students) This class is taught in a relaxed, carefree atmosphere. Instructor covers vocabulary, verb conjugation & the basics of the Spanish language. Students are asked to monitor the class for 1 week in order to find out if it meets their needs.

Monday & Wednesday • 1:00 - 3:00 pm
Instructor: Maestro Dotson • **Fee:** Free

Conversational Spanish Practice: (Beginner to Intermediate Students) This is a before class session for participants and Spanish class students who want to practice conversing in a relaxed, carefree atmosphere.

Monday & Wednesday • 10:00am - 12:00 pm
Instructor: Student lead & self-paced • **Fee:** Free

Conley-Guerrero Monthly Activities

BLOOD PRESSURE CHECK with Sharon from Wesley Nurse Health Ministries

Tuesday, January 24, 2012 & Tuesday, February 28, 2012 • 10:30 - 11:30 a.m. in the Charles Jordan Hall

MONTHLY NUTRITION PRESENTATIONS with Enereyda Garza

11:30 - 12:00 p.m. in the Charles Jordan Hall

Wednesday, January 11, 2012 - Eat Smart for Heart Health:

Discuss the risk factors associated with cardiovascular disease and how diet and exercise can improve heart health.

Wednesday, February 8, 2012 - Eat Smart for Heart Health: Sodium and Potassium Focus on the risk factors associated with high blood pressure and the importance of reducing sodium intake while increasing potassium.

MONTHLY BIRTHDAY CAKE

Tuesday at Noon

Sponsored by Southwood Care Center

January 31, 2012 & February 28, 2012

JANUARY TRIPS



All trip registrations are on a first come, first serve basis. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a trip, you will be required to show your membership card, and you may register for yourself and/or spouse. More importantly, trips must be paid in full at the time of registration. **No refunds** will be given unless the trip is CANCELLED. Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline. **(*Indicates meal on your own.)**

January sign-up starts (Tues.) Jan. 3, 2012

February sign-up starts (Weds.) Feb. 1, 2012

Lunch and Movie at Southpark Meadows

Monday, January 9, 2012

Depart: 10:30am

Return: 3:30pm

Trip Cost: \$2.00*

Trip Limit: 24

We will have lunch at Jason's Deli and then go the Cinemark Southpark Meadows Theater where every Monday is Senior Day and all features are \$5.75 all day. On Friday 01-06-12 a listing of each 1st feature will be at the front counter.

C-GSAC Choir to the Heritage Park Rehabilitation and Nursing Center

Tuesday, February 10, 2012

Depart: 9:30am

Return: 11:00am

Trip Cost: FREE

Trip Limit: 24

Conley-Guerrero SAC Choir will be bringing Cheer and Good Will to the Heritage Park Rehabilitation & Nursing Center.

South Austin Thrifty Store Shopping

Thursday, January 19, 2012

Depart: 9:00am

Return: 3:00pm

Trip Cost: \$2.00*

Trip Limit: 24

Now that the holidays are over and everyone has set up their new gifts Santa brought them and donated the slightly used items. It's a great time to do some treasure hunting! We'll do a couple of stores, have lunch then go to two or three more before we head back to the center Wear very comfortable shoes of walking

Cine de Oro Movie & Lunch at the ESBMACC

Tuesday, January 31, 2012

Movie: "Algo Flota Sobre el Agua" - ("Something Floats Over the Water") 1947

No Subtitles

Depart: 9:am

Return: 12:30pm

Trip Cost: FREE

Trip Limit: 24



A highly entertaining love triangle, set in the steamy tropical Vera Cruz area. Miguel, who brings his beautiful blonde city-girl wife Carmina (Amparo Morillo) and their small son back to the fishing village where he grew up, only to find that his family house has been destroyed by his father's enemies. As his father was hated, neither is Miguel accepted by his fellow fishermen, making life harsh for him and his wife. One day he hears screams of "Algo flota sobre el agua," and it is the gorgeous Azalia (Elsa Aguirre), floating like an unconscious siren as she drifts though the water. Miguel rescues her, and so begins the tale of an impossible passion.

Dinner Night Out - The Stallion Grill

Thursday, January 26, 2012

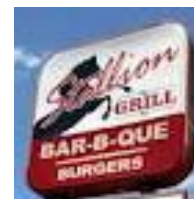
Depart: 4:00pm

Return: 7:00pm

Trip Cost: \$2.00*

Trip Limit: 24

Enjoy mouthwatering barbecue from our family restaurant. Stallion Grill has 30 years combined experience in the barbecue restaurant industry to back our friendly service and tasty menu options! The bulk of our food items are made fresh daily from scratch. Our Southern smoker is amazing, and provides giant-size meal portions at affordable prices. .



(*Indicates meal on your own.)



VALENTINE JEWELRY CRAFT CLASS WITH MARY ROBERTS



Make a matching necklace & earring set

Friday, January 20th, 2012 • Ceramic Room • 9:00-11:30am • Cost: \$7.00

FEBRUARY TRIPS

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November sign-up starts (Tues.) Jan. 3, 2012

December sign-up starts (Weds.) Feb. 1, 2012

Wal-Mart Super Center North

Depart: 9:00am

Return: 3:00pm

Trip Cost: \$2.00

Friday, February 10, 2012

Trip Limit: 24

Shop for everything your heart desires, you name it Wal-Mart has it from home to garden to automotive to the kitchen, even any type of out door recreation supplies and a pharmacy. Grab a quick Biscuit and coffee from Mc Donald's and hit the aisles, or get a pedicure/manicure where there's usually a technician who is qualified to work with diabetics. Make sure to pick up your lunch number from the front counter when you sign the waiver, so you'll be all set for lunch when we get back.

C-GSAC Choir to the Mike's Place @ Meals on Wheels & More

Depart: 9:30am

Return: 11:00am

Trip Cost: FREE

Tuesday, February 15, 2012

Trip Limit: 24

Conley-Guerrero SAC Choir will be bringing Cheer and Good Will to the participants at Mike's Place.

Tour Texas White House/Ranch @ the Lyndon B. Johnson National Historical Park

Thurs., February 16, 2012

Depart: 8:00am

Return: 4:00pm

Trip Cost: \$5.00*

Ranch Tour \$2.00

Trip Limit: 24

We'll visit the Book Store, Gift Shop, & Visitor Center before we tour the Ranch & Texas White House bottom floor rooms which includes the President's Office. Lunch at the Hill Country Cupboard in Johnson City, and time permitting stop at a couple of stores before heading back to Austin.

Dinner Night Out - Pappadeaux Seafood Kitchen

Thursday, February 23, 2012

Depart: 4:00pm

Return: 7:00pm

Trip Cost: \$2.00*

Trip Limit: 24

At Pappadeaux, we're all about fresh! Not fresh frozen. Not flown across the country last Tuesday fresh. We're talking swimming' around yesterday fresh.

Cine de Oro Movie & Lunch at the ESBMACC

Tuesday, February 28, 2012

Movie: "Flores de Otro Mundo" - ("Flowers from Another World") 1999 w/English Subtitles

Depart: 9:am

Return: 12:30pm

Trip Cost: FREE

Trip Limit: 24

A group of young women travel by bus to a remote village in Spain that is overwhelmingly populated by men. With souls of practicality, the women dream of better lives while the men ache with romantic yearnings. From these different hopes, three relationships tenuously grow and form in different ways.



(*Indicates meal on your own.)

ADVISORY BOARD VALENTINE SWEETHEART BINGO SOCIAL

Conley-Guerrero SAC Advisory Board Fundraiser.

Come ready of great bingo prizes
and visit the concession stand for good food.



Thursday, February 9th • 3:00 - 6:00 pm • Charles Jordan Hall • \$5.00



MARDI GRAS SWEATSHIRT CLASS WITH MARY ROBERTS

Bring in your own sweatshirt and Mary will have all other supplies.

Friday, February 3rd • Ceramic Room • 9:00-11:30am • Cost: \$7.00

Special Events, Presentations & Classes for JANUARY & FEBRUARY 2012

All events, and class registrations are on a first come, first serve basis. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for an event, or class you will be required to show your membership card, and you may register for yourself or spouse only.

Prize Bingo with LULAC District 7

Remember to come enjoy some prize bingo and refreshments.



Thursday, January 5th • 10:00-11:00 am • Charles Jordan Hall • FREE

Presentation "Don't Fall for Anything" with Genesis Home Care

Learn how to prevent the 2nd biggest cause of hospitalizations for older adults. Tips on home safety, balance, emergency procedures. Door prizes will be offered after this presentation with Pat Owens & Mary Lou of Genesis Home Care

Tuesday, January 10th • 10:00 am • Charles Jordan Hall • FREE

City of Austin LeadSmart Program Presentation

If your home was built before 1978, you could have a danger lurking in your home.... LEAD-BASED PAINT! Cody Ramirez with the LeadSmart Program will be here with information and applications in English & Spanish.



Wednesdays, January 18th • 10:30 am • Charles Jordan Hall • FREE



Wednesday Quilting Class Tamalada

Days to order tamales January 18th & 25 from 11:am - 3:pm

Day of tamalada Wednesday February 1st

Tamale orders ready to pick up Thursday, February 2nd, 11:AM

**\$9.00 per doz.
No half orders**



**Las
Colcheras**

Travis County Master Gardener Presentation

Master Gardener Reeve Hobbie "What to Do in the Garden Now" Garden Maintenance

Tuesday, January 24th • 10:00-11:30 am • Language Room • FREE



HealthSouth Rehab Hospital Community Education Presentation

Ruben Pizarro with HealthSouth Rehab. Hospital will be here in Jan. & Feb. giving informative presentations that will enhance and reinforce knowledge of various disease processes and their impact on you.

January 17th (Tues.) - "An Aging Skeleton": - Changes in bones and joints through the years, good and bad arthritis differences, supplements do they work?, osteoporosis in men and women, preventing osteoporosis.

February 7th (Tues.) - "In-patient Rehabilitation" - Stages of Rehabilitation, rehabilitation by yourself, beat the odds for recuperation, restorative help, activity continuum, leaving behind incapacitating ailments.

Tuesdays in January & February • 10:00 - 11:00 am • Charles Jordan Hall • FREE

Healthy Heart Education Presentation by WellMed & The American Heart Association

Wear Red to the event, & receive a complimentary red dress pin from the American Heart Association



February is Heart Month! Come and learn:

♥What Is Cardiovascular Disease? ♥Why Is It Important? ♥What Is A Heart Attack? ♥Am I At Risk? ♥How Can I Prevent It?

Tuesday, February 21st • 10:00 am • Charles Jordan Hall • FREE



Mardi Gras / Fat Tuesday Breakfast

Pancakes • Sausage • Orange Juice

Sign up by Thursday, February 16th up at the front counter.

Tuesday, February 21st • 9:00 - 10:00 am • Charles Jordan Hall • \$2.00

Trace Your Roots Class with Carolyn Vaterlaus

Learn to find your ancestors by using resources available through genealogy websites. Instructors will help you navigate the sites and fill out your pedigree charts. Class includes occasional field trips to local libraries which contain additional records. The class is free. However, if you need to obtain records not found through the internet, the Bureau of Vital Statistics does collect a fee for that service.



Thursdays • Jan., 12th & 26th • Feb., 9th & 23rd • 1:00 - 3:00pm • Computer Lab • FREE

Advisory Board Members

President

Margarine G. Beaman

Vice President

Reginald Christopher

Treasurer

Marvin Massie

Secretary

James "Jim" Cayton

Corr. Secretary

Alice Houston-Johnson

Parliamentarian

Sergeant at Arms

Mary C. Colunga

Members

Willie Adams

Olivia Ussery

Guild Members

President

Ida M. Hunt

Vice President

John L. Griffin

Recording Secretary

Nellie Tellez

Corr. Secretary

Dr. Beulah Agnes Jones

Treasurer

Jimmy L. Bowie

Courtesy/Social Chair

Elva Arambula

Parliamentarian

Adam Cantú

GIFTS AND MEMORIAL FUNDS

Honor a relative or a friend with a gift to the Conley-Guerrero Senior Activity Center in his/her memory. Acknowledgment will be mailed promptly to the family or individual indicated by the donor. Your gift will be dedicated to the activities of the participant.

Enclosed is my gift of \$ _____

In memory of _____

*Please mail to: Gifts and Memorial Fund
Conley-Guerrero Senior Activity Center
808 Nile Street • Austin, Texas 78702*

Conley-Guerrero Senior Activity Center Guild would like to thank everyone for their participation & support during the Guild Christmas Breakfast on December 15, 2011. The fellowship was wonderful, and it was a special treat to have Linda Guerrero - Parks & Recreation Advisory Board President and Mr. Roy Guerrero's daughter in attendance.

The 2011 drawing winners were:

1st prize - 32" Flat Screen TV - Jimmie Jones

2nd prize - Laptop Computer - Emma Jean Dixon

3rd prize - \$50.00 HEB gift card - Maria Sosa de Stephen

Congratulations to all the winners & we look forward to next year.

Ms. Ida Hunt - Guild President & Guild Members

Conley-Guerrero S.A.C. Newsletter

Newsletters can be mailed to your home/business address.

Cost: \$5.00 for 12 months

If paying with a check, please make payable to
Conley-Guerrero Advisory Board.



Advisory Board Bulletin

Executive Board

Meeting

Tuesday,

January 10, 2012

February 14, 2012

1:00 pm

Guild

Meeting

Thursday,

January 19, 2012

February 16, 2012

9:00 am

Advisory Board

Meeting

Tuesday,

January 24, 2012

February 28, 2012

1:15 pm



JANUARY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ron Lantz's Meatloaf Brown Gravy Whipped Potatoes Broccoli & Cauliflower Wheat Bread Fresh Orange Calories: 630	3 Turkey Rice Casserole Ginger Carrots Green Beans Wheat Bread Chrry Gelatin w/ Fruit Calories: 642	4 BBQ Chicken Baked Beans Coleslaw Hamburger Bun Hot Spiced Apples Calories: 707	5 Grilled Pork with Gravy Whole Kernel Corn Country Tomatoes Cornbread Fresh Fruit Calories: 824	6 Potato Crusted Fish Mac and Cheese Broccoli Wheat Bread Peaches Cocktail Sauce Calories: 685
9 Grilled Chicken Tomato Basil Sauce Brown Rice Glazed Beets Dinner Roll Fresh Fruit Calories: 607	10 Hamburger Patty Lettuce and Tomato Ranch Beans Wht Hamburger Bun Peach Crisp Mustard and Catsup Calories: 761	11 Turkey Breast with Gravy Cornbread Dressing Spinach Texas Bread Orng Gelatin w/Fruit Calories: 625	12 Honey Mustard Chicken Lima Beans Broccoli & Cauliflower Cornbread Fresh Banana Calories: 812	13 Fiesta Macaroni & Cheese ✓ Green Beans Glazed Carrots Wheat Bread Fresh Fruit Calories: 618
16 CENTER CLOSED MLK Jr. Day	17 BBQ Rib Patty Corn O'Brien Cabbage Hamburger Bun Fresh Banana Calories: 659	18 Lemon Pepper Fish Parslied Potatoes Grn Bns w/Onions Cornbread Strwbrry Gltn w/Fruit Cocktail Sauce Calories: 824	19 Beef Spaghetti Casserole Tossed Salad Dilled Carrots Wheat Bread Hot Spiced Apples- French Sld Dressing Calories: 637	20 Chicken Fajita Meat Lettuce and Tomato Pinto Beans Wheat Tortilla Pineapple Crisp Taco Sauce Calories: 733
23 Sesame Chicken Fried Brown Rice Japanese Vegetables Wheat Bread Fresh Fruit Calories: 670	24 Chili with Beans Tossed Salad Diced Beets Saltine Crackers Peach Crisp Italian Sld Dressing Calories: 670	25 Oven Fried Chicken Mshd Spiced Yams Tangy Spinach Texas Bread Lmn Gelatin w/Fruit Calories: 758	26 Honey Grilled Pork Ovn Rsted Potatoes Green Beans Cornbread Fresh Fruit Calories: 766	27 Spanish Rice Casserole ✓ Glazed Carrots Cauliflower Wheat Bread Peaches & Pineapple Calories: 727
30 Smoked Turkey Sausage Cajun Brown Rice Brussels Sprouts Texas Bread Fresh Fruit Calories: 605	31 King Ranch Chicken Casserole Whole Kernel Corn Parslied Carrots Wheat Bread Strawberry Swirl Pudding Calories: 657	**Milk is served every meal. Margarine is served every meal unless that meal is a sandwich.	*Due to unavailability of certain items, appropriate substitutions may need to be made.	✓ Vegetarian Entrée ⚡ ≥ 1000mg Sodium













Meet new and interesting people during lunch. A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.

Every meal is served with low fat milk or buttermilk.



FEBRUARY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Apple Glazed Turkey Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Orange  Calories: 600	2 Confetti Chicken Mixed Beans Garden Vegetables Wheat Bread Lime Gelatin w/Fruit Calories: 775	3 Charlene's Tuna Salad Pasta Salad Cucumber Salad Saltine Crackers Fresh Fruit Calories: 622
6 Ron Lantz's Meatloaf Brown Gravy Whipped Potatoes Broccoli & Cauliflower Wheat Bread Fresh Orange Calories: 630	7 Turkey Rice Casserole Ginger Carrots Green Beans Wheat Bread Chrry Gelatin w/ Fruit Calories: 642	8 BBQ Chicken Baked Beans Coleslaw Hamburger Bun Hot Spiced Apples Calories: 707	9 Grilled Pork with Gravy Whole Kernel Corn Country Tomatoes Cornbread Fresh Fruit Calories: 824	10 Potato Crusted Fish Macaroni & Cheese Broccoli Wheat Bread Peaches Cocktail Sauce  Calories: 685
13 Grilled Chicken Tomato Basil Sauce Brown Rice Glazed Beets Dinner Roll Fresh Fruit  Calories: 607	14 Salisbury Beef Brown Gravy Whppd Potatoes w/Skins Green Beans w/Red Peppers Cranapplesauce Calories: 703 <i>Valentine's Day</i>	15 Turkey Breast with Gravy Cornbread Dressing Spinach Texas Bread Orng Gelatin w/Fruit  Calories: 625	16 Honey Mustard Chicken Lima Beans Broccoli & Cauliflower Cornbread Fresh Banana Calories: 812	17 Fiesta Macaroni & Cheese  Green Beans Glazed Carrots Wheat Bread Fresh Fruit Calories: 618
20 CENTER CLOSED President's Day	21 Beef Spaghetti Casserole Three Bean Salad Dilled Carrots Wheat Bread Hot Spiced Apples Calories: 777	22 Lemon Pepper Fish Parslied Potatoes Grn Beans w/Onions Cornbread Strawberry Gelatin with Fruit  Cocktail Sauce Calories: 824	23 Chicken Fajita Meat Lettuce and Tomato Pinto Beans Wheat Tortilla Pineapple Crisp Taco Sauce Calories: 733	24 Potato Crusted Fish Corn O'Brien Cabbage Texas Bread Fresh Banana Calories: 708  Lent
27 Sesame Chicken Fried Brown Rice Japanese Vegetables Wheat Bread Fresh Fruit Calories: 670 	28 Chili with Beans Tossed Salad Diced Beets Saltine Crackers Peach Crisp Italian Sld Dressing  Calories: 649	29 Oven Fried Chicken Mshd Spiced Yams Tangy Spinach Texas Bread Lemon Gelatin with Fruit  Calories: 758	*Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every meal. Margarine is served every meal unless that meal is a sandwich.	
			 Vegetarian Entrée  ≥ 1000mg Sodium	

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